

NOVEMBER 27 - DECEMBER 1



BREAKFAST & LUNCH MENU

BREAKFAST

MON

Orange
Cranberry
Muffins
Fresh fruit
Milk

TUE

Griddle
Sandwich
Pancakes with
egg, turkey
sausage, and
cheese
Fresh fruit
Milk

WED

Gilgeori Toast
Korean street
toast with egg,
cabbage, onion
Fresh fruit
Milk

THU

Biscuits with
Turkey Gravy
Fresh fruit
Milk

FRI

Classic French
Toast
Fresh Fruit
Milk

LUNCH

Chicken Fajita
Tacos
Tacos with fajita
chicken, cheese,
lettuce, and
tomatos

Baked Goulash
Penne pasta
baked in tomato
sauce with beef
and cheese and a
side of
vegetables

Hibachi Style
Chicken
with lowfat
Yumyum sauce,
vegetable fried
rice, and side of
Steamed
edamame

Vegetable Beef
Stew
Braised beef with
hearty vegetables
and potatoes and
sourdough toast

Chicken
Shawarma
Marinated
Chicken Thighs
on a whole grain
pita bread served
with tomatoes,
cucumber, and
lettuce with a
side of seasoned
fries

ALTERNATIVE LUNCH (PREORDER ONLY)

Garden salad
with spiced
garbanzo beans

Chicken salad
sandwich

Hummus Veggie
Wrap

Cobb salad with
turkey bacon

Turkey club
sandwich

Scan to order
alternative lunch



GLUTEN - FREE AND VEGAN OPTIONS
AVAILABLE UPON REQUEST

WWW.ARTCOLLEGEPREP.ORG